

# Meditation

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# Agenda

- Disclaimer
- Overview / Definition
- Benefits
- Myths
- How To
- Bottomline

# Disclaimer

None of the claims of meditation benefits I make are guaranteed and the effects will vary from person to person.

# Overview

Meditation is a technique that may be defined as being in a state of non-judgemental awareness of the present moment.

Meditation is a technique that when learnt becomes a skill to train ones mind.

# Benefits – Physical

Immune function

pain

hypertension

brain structure

inflammation

# Benefits – Psychological

Cognition

memory

creativity

stress

anxiety

depression

# Benefits – Social

Empathy

introspection

compassion

emotion regulation

# Benefits – Productivity

Improved focus  
attention to details  
ability to multi-task



# Myths

Religious practice/ritual.

One has to sit still for hours to have any benefits.

It is a breathing exercise.

# How to Meditate – Overview

Two parts:

Technique

Practice

# How to Meditate – Technique

Sit comfortably with a straight back, eyes closed

Observe with attention the breathing sensation at nostrils

mind will eventually wander

Notice when it does

Gently bring attention back to breathing

# How to Meditate – Remarks

Mind will wander – it is normal

Attention will improve with practice

# How to Meditate – Practice

A daily practice

Comfortable location

Same time preferably

Cumulative benefits!

# Bottomline

Similar to swimming, one has to experience meditation to realize its nature and benefits

# Thank You! Questions?

**Acknowledgment :**